Fri 3:29 pm +01:00, 28 Jun 2024

posted by newensign

Full Spectrum Adjustable Light Bulbs

This information below was sent by a friend:

I thought I would share my experience after purchasing Full Spectrum Bulbs from blockbluelight.co.uk . Yes, in England.

For some time I have suffered stinging eyes and headaches when sitting in my small office. I have changed fluorescents several times – we know that these are LED (constantly flickering.)

I had purchased from the same company 'clip-on' anti blue light lens (I already had prescription specs for computer use) which helped a lot however, I knew that the main light was still a problem. Of course, the lens were not a waste of money because they are looking after my eyes when on the computer or pad.

After deciding on a new ceiling light (2x bulb) I then purchased 2 bulbs with the correct fitting. They have three types including the GU type.

After 4 weeks I can say that they have done the job. They are not bright and they have three settings for different light temperature (am – midday – evening).

To change the temperature you simply switch on at the wall then switch off and on, that then goes to the next setting and repeat to get to the next one.

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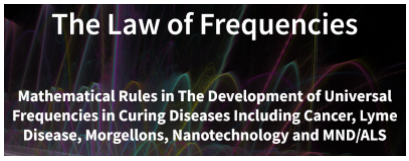

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